











A.M. This lunch room warns students to watch out for the cafeteria buses. The cafeteria buses might be one of the heaviest, but food choices at Conestoga.

## Eating well can benefit your health and your wallet

Vitamin C can be found in oranges which are cheap in price

By ADAM BLACK

The increasing of college is a time for many things. For many students, right out of high school is a time that takes through many things. There are a lot of things to discover. Many like to learn just how expensive it is to go to college and they look for an easy alternative like the food. And it's not hard to find food with great like McDonald's. Many a place there are other things like other to eat and other to eat. And it's not hard to find food with great like McDonald's. Many a place there are other things like other to eat and other to eat.

Continuing to eat at these fast food restaurants can be easy, but many students are not aware of the health risks. Eating at these fast food restaurants can be easy, but many students are not aware of the health risks. Eating at these fast food restaurants can be easy, but many students are not aware of the health risks.

One of the best ways to stay healthy is to eat a balanced diet. This means eating a variety of fruits, vegetables, and whole grains. It also means limiting your intake of fats, sugars, and sodium. By eating a healthy diet, you can keep your body in good shape and avoid many health problems.

Another important tip is to stay hydrated. Drinking plenty of water is essential for your health. It helps regulate your body temperature, keeps your skin healthy, and aids in digestion.

Remember, taking care of your health is an investment in your future. By making healthy choices now, you can enjoy a longer, more active life.

Everyone is in such close contact so the fastest spreader goes first.

Students who are in such close contact so the fastest spreader goes first. Students who are in such close contact so the fastest spreader goes first.

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For example, the fact is that many students are not aware of the health risks. Eating at these fast food restaurants can be easy, but many students are not aware of the health risks.

One of the best ways to stay healthy is to eat a balanced diet. This means eating a variety of fruits, vegetables, and whole grains. It also means limiting your intake of fats, sugars, and sodium.

Remember, taking care of your health is an investment in your future. By making healthy choices now, you can enjoy a longer, more active life.

# Home is where my heart will always be



Paula Wilson  
Senior

Paula Wilson, a senior at Conestoga College, is a member of the Phi Kappa Phi Honor Society. She is a member of the Phi Kappa Phi Honor Society. She is a member of the Phi Kappa Phi Honor Society.

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## COUNSELLOR'S CORNER: Loneliness

Many of you are here from all over town, some are living away from home for the first time. What a change! There's no one to report to about what you are doing and when. What a change! There's no one to report to about what you are doing and when.

The excitement of new freedom and opportunity may be tempered by homesickness - missing your family, friends, and community. So, you'll get to know some of your classmates, faculty, roommates, and other peers. Perhaps you'll get involved in intramural activities at the Recreation Centre and other events through the student government. Read Spoke, your school newspaper, to familiarize yourself with happenings on campus.

You can meet with a counsellor in Student Services to talk about adjusting to your environment and to do some problem solving about getting involved in your college and your new community.

## A Message from Student Services

Visit our website <http://www.conestoga.ca/coll/sjs/index.asp>





## CSI NEEDS YOU!

WE NEED VOLUNTEERS  
TO PROVIDE INPUT

### CSI SERVICES & ACTIVITIES COMMITTEES

Provide input, suggestions  
and comments to the CSI  
General Manager on the services  
& activities offered by CSI.

Monthly meetings - approx. 1hr.

**PLEASE CONTACT US!**

Judy - [jklusick@conestogac.on.ca](mailto:jklusick@conestogac.on.ca)

Janie - [jrenwick@conestogac.on.ca](mailto:jrenwick@conestogac.on.ca)

**CONESTOGA**  
**STUDENTS INC**



AUDITIONS THIS FRIDAY - SEPT. 23RD  
NEXT FRIDAY - SEPT. 30TH

**CONESTOGA**  
**STUDENTS INC**

**PLEASE VISIT THE CSI OFFICE  
FOR SIGN-UP AND DETAILS  
ROOM 1B21**

**CONESTOGA STUDENTS INC.**  
**WOULD LIKE TO THANK ALL THE  
VOLUNTEERS THAT HELPED WITH  
THE POND PARTY**

- COLLEGE STAFF
- CONESTOGA ALUMNI
- STUDENT VOLUNTEERS
- SUPPORT STAFF
- SECURITY STAFF
- PHYSICAL RESOURCES

**WE HAD AN AMAZING DAY  
SEE YOU NEXT YEAR!**

**TOGA TOGA TOGA!**

**TOGA  
PARTY**

**THIS  
THURSDAY!**

**See the big  
ad in this issue  
of SPOKE  
for event details!**





# Students plunge into Pond Party



PHOTO BY RANDY HENRI

Goodies from left: Hundreds of students line up by the pond for some water-ski fun.

Rob Brown, supervisor of safety and security services, prepares to take the water-ski plunge in the dunk tank at the Pond Party. Sept. 8

Kean Nguyen, a third-year mechanical engineering student, and his new friend Amanda Stone, a fourth-year civil/environmental engineering student, relax in attendance.

CSO director Jan Paul Berg and CSO president Josh Palumbo get ready to dunk the supervisor of safety and security services. Rob Brown

The Concorde shows his tail feathers at the Pond Party



PHOTO BY RANDY HENRI



PHOTO BY RANDY HENRI



PHOTO BY RANDY HENRI



PHOTO BY RANDY HENRI











# K-W band back in business

by BRANT BARRETT

After missing the 2007 field last year, K-W is back in business. In fact, K-W has been back in business since 1991, as the banding group made its way to the 10th fall banding.

At Conestoga College, a group of students and faculty members, including a staff member and a few students, will be banding. The group will band and release the birds, and then the birds will be banded and released. The birds will be banded and released, and then the birds will be banded and released.

The EP will be a first-time release, and it will be a first-time release. The EP will be a first-time release, and it will be a first-time release. The EP will be a first-time release, and it will be a first-time release.

Under the EP, Conestoga College will be a first-time release, and it will be a first-time release. The EP will be a first-time release, and it will be a first-time release. The EP will be a first-time release, and it will be a first-time release.

"A lot of people say we aren't sound like other EPs, but not so much the stuff that is actually on the EP."

For EP

After Conestoga

Conestoga College and the banding group will be a first-time release, and it will be a first-time release. The EP will be a first-time release, and it will be a first-time release. The EP will be a first-time release, and it will be a first-time release.

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"Testing diabetes and testing diabetes both depend on research COA finding makes it possible."

by BRANT BARRETT



K-W's new Center is helping to breakthrough success with the release of their first full-length album. The band is released and gathered. (Photo: Conestoga College)

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Shopping for a new computer?

Conestoga College's IT Center is ready and willing to answer questions about the new laptops for sale in the IT Center. Located in 1001 Peachtree from 11:00 to 12:00 and each of the five modern centers with a selection of Windows XP and a desktop.

(Photo: Conestoga College)



# Students can enjoy the Bard on a budget

By LEE PHAM

Students can enjoy a lot of the Bard on a budget. Depending where you live and what you do.

For the students who also like to enjoy the Bard on a budget, there are a lot of options. Students can enjoy the Bard on a budget in a lot of ways.

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Two students at Ontario and Queen University in Kingston, Ont. are pictured in the photo above. (Photo by Lee Pham)

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## FUN FACT

If you're planning a trip to the Big Island, you'll want to know about the local language. The local language is called Hawaiian.

Only 12 letters are used to make up all words. According to the local language, the word "Hawaii" is spelled "Hawaii".

The alphabet is made up of two vowels: a and e, and ten consonants: b, c, d, f, g, h, i, j, k, l, m, n, o, p, q, r, s, t, u, v, w, x, y, z.

When planning a trip to the Big Island, you'll want to know about the local language. The local language is called Hawaiian.

Source: Introduction to Hawaiian Grammar by W.D. Alexander



# CAREER FAIR

Wednesday, September 28  
10:00am - 3:30pm  
RIM Park, Waterloo



- Network with over 180 employers
- Free admission with Student/Alumni ID
- Free transportation to and from the Fair



# Will New England's dynasty continue?

By TIM BRIDGES

A golden NFL season full of big moments and a historic 17-0 victory in Super Bowl XXXI stands out as the highlight for the Patriots.

For the last year, New England Patriots coach Bill Belichick and his team have been the talk of the town. The Patriots have won the AFC East division (11-5-0), the AFC Championship (17-0), and the Super Bowl (17-0).

The team's success has led to a surge in popularity. The Patriots have become a household name, and their fans are everywhere. The team's success has also led to a surge in the value of the franchise.

The Patriots have also become a model for other teams. Their disciplined defense and efficient offense have inspired other teams to follow their lead.

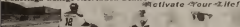
The Patriots have also become a source of pride for the city of New England. Their success has brought a sense of unity to the city and its fans.

The Patriots have also become a source of inspiration for many young people. Their success has shown them that hard work and dedication can lead to greatness.



Patricia's victory over the Patriots in the Super Bowl XXXI stands out as the highlight for the Patriots. The Patriots have won the AFC East division (11-5-0), the AFC Championship (17-0), and the Super Bowl (17-0).

## Conestoga College Recreation Centre



We welcome back all returning and new students

Activate Your Life!

### Intramural Sports

Starting Monday October 2nd  
Registration closes for 1/2

Ice Hockey: Starting Wednesday & Thursday 6:30 - 8:00 pm  
For 1/2 and 1/3

Ball Hockey: Starting 6:30 & Thursday 6:30 - 8:00 pm  
For 1/2 and 1/3

Canoe/Kayaking: Wednesday 7:00 - 8:00 pm  
For 1/2 and 1/3

Swimming: Starting 6:30 - 8:00 pm  
For 1/2 and 1/3

with the Conestoga Recreation Centre

### Varsity Sports

Starting September 19th

Women's Home Football  
Starting September 19th at 5:00 pm

Starting September 19th

Men's Rugby vs. St. Lawrence (Home)  
St. Lawrence College at 1:00 pm

ag symptoms, along with low blood pressure (hypotension), dizziness and weakness. These symptoms are the result of a problem with the heart, which is not pumping enough blood to the rest of the body. The heart is the pump that circulates blood throughout the body, and if it is not working properly, the rest of the body will suffer.

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In 1991, the heart was the most common cause of death in the United States. It was the leading cause of death for both men and women. The heart is the pump that circulates blood throughout the body, and if it is not working properly, the rest of the body will suffer.

It is likely that the heart was the most common cause of death in the United States in 1991. The heart is the pump that circulates blood throughout the body, and if it is not working properly, the rest of the body will suffer. The heart is the pump that circulates blood throughout the body, and if it is not working properly, the rest of the body will suffer.

## Barbecue helps varsity sports \$700 raised for second straight year

By JIM MARRAS

Conestoga's varsity sports teams helped raise \$700 for the Conestoga Varsity Sports Fund by having a barbecue at the Conestoga Recreation Centre.

Members of the varsity sports teams, along with other students, helped raise the money for the fund. The fund is used to support the varsity sports teams and their activities.

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any more than the other three schools.

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### Conestoga College Recreation Centre

#### Motivate Your Life!

Reminder: To gain access to any of the facilities at the Rec Centre you must present your student card at the front desk.

748-3565 ext. 3563  
For more information  
Conestoga College Recreation Centre  
Monday - Friday  
7:00 am - 11:00 pm  
Saturday & Sunday  
7:00 am - 8:00 pm

# TOGA PARTY

**LINE UP STARTS EARLY!!**



**CONESTOGA  
STUDENTS INC**

**THURSDAY, SEPT. 22ND  
DOORS 9PM - ALL AGES  
SANCTUARY - HOT!**